



# International Society of Cosmetogynecology ISCG

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## **Cosmetic Gynecology Course Outline**

**Version 2018**

**Formats: 1-day Program, 2-day Program**

**Organization: 4 Customizable Modules**

**Material: Didactic, Multimedia, Clinical Surgical Observation**

### **Introduction to Aesthetics**

The nature of aesthetic practice is explained and contrasted to medical practice. Elements of patient selection, patient expectations, and continuing education unique to this discipline are introduced. Current controversies are addressed.

### **Module 1: Pelvic Floor Anatomy, Physiology & Assessment (for Non-Gynecologists)**

Relevant and focused three dimensional pelvic floor anatomy, function, dysfunction & defects are explained via didactics, models and computer graphics (CGI) technology. Triage criteria for gynecologic and urologic assessment are presented in an efficient stepwise protocol.

### **Module 2: Principles of Vulvar & Vaginal Surgery (Optional)**

Positioning, instrumentation, lighting, anesthetic techniques, retraction, exposure are explained. Techniques of vaginal and vulvar dissection are discussed including a detailed explanation of anterior and posterior vaginal wall and perineum traditional operations, and common modifications. Repair of bladder and rectal injuries is explained. Perioperative care is explained.

### **Module 3: External Cosmetic Gynecology**

Cosmetic procedures of the mons pubis and vulva (labia majora, labia minora, prepuce/clitoral hood) are covered in step-by-step detail including situation-specific variations. This includes the following procedures:

#### **Monsplasty**

Mons pubis liposuction, mons pubis surgical lifting, mons pubis excisional procedures



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## **Labia Majoroplasty**

- labia majora liposuction & lipolysis
- labia majora excisional reduction
- labia majora augmentation with autologous fat transfer

## **Labia Minoroplasty**

- labia minora reduction labiaplasty
- labia minora reconstruction labiaplasty
- prepuce/clitoral hood contouring

## **Module 4: Internal Cosmetic Gynecology**

This portion of the program is devoted to techniques of hymenoplasty, perineal, and vaginal tightening with a step-by-step focus. Critical issues in gauging and measuring treatment endpoints are explained clearly. Perioperative and recuperative protocols are reviewed in detail. The following procedures are covered:

**Nonsurgical** fractional laser treatments and protocols, injections into G-spot with fillers, prp

### **Hymenoplasty**

**Perineoplasty** & outer muscle tightening (“mini vaginal rejuvenation”)

**Vaginoplasty** & inner muscle tightening (“inner vaginal rejuvenation”)

**Total vaginal rejuvenation** combined vaginoplasty & perineoplasty

**Combined internal & external cosmetic procedures**

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